

# Flower and Vibrational Essences

## For coming out of lockdown

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*Yarrow essence - "Let go of the Riverbank and flow with the River"*

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## Introduction

Welcome to your copy of 'Flower & Vibrational Essences for Coming out of Lockdown'.

We are a group of Flower & Vibrational Essence Graduates from the Essentially Flowers Diploma run by Sara Estelle Turner. This course, accredited by the British Flower & Vibrational Essences Association (BFVEA), has not only brought us all together as individuals, but has provided us with a deep understanding of the role of Flower and Vibrational Essences as powerful tools for emotional resilience.

At this time of unprecedented change and deep uncertainty, we met on-line in May 2020 to combine our observations of the practical and emotional challenges we are facing. During our discussion we shared which Essences could be of most benefit to ourselves, our families, our clients and our wider communities.

Our emphasis is on Emotional Wellbeing, with Flower Essences being of great benefit in this area.

Themes such as fear, anxiety, uncertainty, frustration, feeling safe, etc. were discussed and key Essences for each were chosen.

The result is this resource, a list of those Essences we have found to be the most often recommended to help bring harmony to these emotions. This list is freely given, with the intention it can signpost you to forms of emotional support you may not yet be aware of.

As you read through, there are very likely going to be some words which really catch your attention, as you will recognise these feelings within yourself. There will also be several words and phrases which won't. Simply focus on the ones which feel most relevant to you and your situation just now.

We have also included a list of all the Advanced Flower Essence Practitioners who have contributed to this document.

They are all available for on-line or phone consultations to support you on an individual basis if you would like further support.

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Keep a copy of this handy. It may well serve as a useful companion for you in the future. None of us know how long we will be faced with this very challenging situation, so it may be very helpful to have this document to refer back to as an ongoing resource for your emotional wellbeing.

Also please share this with anyone who you feel would also benefit from it.

*With Love from the Heart of Nature to Your Heart,*

*The Essentially Flowers Practitioner Group - June 2020.*

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## What are Flower Essences?

Flower and vibrational essences are liquid solutions and contain the energetic imprint from flowers, plants and other elements of nature. They are used to address imbalances or negativity in our thoughts and emotions and have a therapeutic effect on our personalities - supporting, strengthening and empowering us so we are able to function at our optimum level. Their help enables us to acknowledge feelings and mental qualities that need to be awakened, resolved or transformed.

They are most frequently taken orally, but can be used topically or in a spritz. Essences are not just from flowers, but gems, crystals and other elements of nature and these are known generically as 'vibrational essences'. One of the oldest and most renowned ranges of essences are Bach Flower Essences.

Essences are completely safe to use on babies, children, the elderly, animals and plants. Their gentle action and ability to be taken alongside any allopathic and complementary treatments has resulted in essences being employed in hospitals in Australia, Canada and South America, as well as British institutions such as hospices and cancer clinics.

For further information on flower essences and how to take them, please see the BFVEA website or contact any of the Advanced Flower Essence Practitioners mentioned at the end of this document.

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## Categories

### Anxiety / Fear

- ❖ **Australian Bush Flower Essences - Dog Rose of the Wild Forces** - for panic and extreme fear.
- ❖ **Bach Flower - Aspen** - helps us when we are feeling fear or anxiety without a particular reason. Very useful for sensitives who feel the collective energies.
- ❖ **Bach Flower - Cherry Plum** - for when we have to take actions that we don't want, feeling a fear of loss of control.
- ❖ **Bach Flower - Elm** - helps us deal with feelings of overwhelm.
- ❖ **EarthSong Essences - Red Poppy** - Calms deep fear and brings us back into our centre. Helps us feel profound security
- ❖ **Indigo Essences - Deep Magenta Opium Poppy** - For states of fear and terror.
- ❖ **Indigo Essences - Pink 10** - Transmutes the energy of fear.
- ❖ **Nature's Wish - Aphrodite** - made from a crystal from Aphrodite's temple in Cyprus, this essence can help us to stay in our hearts and disconnected from the fear in the Collective. It can help us to view the world with love.

### Grief / Expressing Emotions

- ❖ **Aeracura Essences - Camphor** - The essence for releasing the past and connecting with the 'new' future. For connecting with and contributing to healing the mass consciousness as humanity shifts in the wake of events.
- ❖ **Australian Bush Flower Essences - Dog Rose** - to help with feelings of fear, extreme fear and panic, healing the unresolved grief that is often stored in the kidney area.
- ❖ **Australian Bush Flower Essences - Red Suva Frangipani** - for the first stages of grief.
- ❖ **Australian Bush Flower Essences - Sturt Desert Pea** - this essence links respiration with grief, helping to clear the grief at a deep level.
- ❖ **EarthSong Essences - Lichen** - For letting go of the deepest grief, right down to the deepest layers it is held. Supports and allows Deep Acceptance of what is.

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- ❖ **FES - Nicotiana** - Inner peace centered in the heart and breath; physical and emotional well-being through harmonious connection with rhythmic pulsations in the Earth.
  - ❖ **FES - Yerba Santa** - Free-flowing emotion, ability to harmonize breathing with feeling; capacity to express a full range of human emotions, especially pain and sadness.
  - ❖ **Indigo Essences - Keep Breathing** - For times when we feel anxiety and constriction around our chest and heart area. This essence can help with deeper breathing and deep centering.

### **Anger / Blame / Frustration / Impatience**

- ❖ **Bach Flower - Beech** - When we see only the negative side of others' actions and are super critical of others' views, the Beech essence may bring us greater understanding and tolerance.
- ❖ **Bach Flower - Holly** - suited to when we experience explosive, almost violent outbursts of anger. The essence may offer 'protection from all that is not love.'
- ❖ **Bach Flower - Impatiens** - for when we are feeling unusually irritable, brusque with others and feeling rushed. The essence can help this state to pass gently and speedily.
- ❖ **Bach Flower - Vervain** - Welcoming new beginnings, but with strong views and principles, which can give rise to inner tension if given no outlet, this essence can help to bring relaxation and freedom from related stresses.
- ❖ **Bach Flower - Vine** - When our strongly-held beliefs and fixed ideas can lead us into aggression towards others who do not agree with us. This essence can emphasise the rich, inner softness and desire to share with others.
- ❖ **EarthSong Essences - Mistletoe** - Can help to remove bitterness from the heart. Promotes forgiveness.
- ❖ **EeShel Trinity Essences - Vega** - this essence can bring us a new perspective on the situation we're in.
- ❖ **Wild Earth Animal - Healthy Anger** - Provides powerful support for feeling and accepting our natural anger and for our expressing anger in healthy ways.

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## Feeling Safe

- ❖ **Alaskan Essences - Guardian** - This essence combination can help us to claim our space, maintain our grounding and feel the protection of strong, healthy boundaries.
- ❖ **Bach Flower - Cherry Plum** - For desperation, feelings and impulses of loss of control. Excessive fear, mental breakdown. Can enable us to feel strong and safe enough to deal with issues that scare us.
- ❖ **Bach Flower - Walnut** - Can help us to feel protected, especially when going through change.
- ❖ **Bailey Essences - Protection and Clearing** - when we fear things are working against us, this composite essence can help to dispel the negative influences and bring a sense of liberation.
- ❖ **EarthSong Essences - Mushroom** - Helps absorb the deepest fear, the deepest terror. Brings immense peace and the wisdom of ages.
- ❖ **Eriksences - God Elixir** - Brings positivity, empowerment and positive change.
- ❖ **Indigo Essences - Safe** - Can help us to feel shielded and protected when we're feeling rattled and unsafe.
- ❖ **Indigo Essences - Smoothie** - Can help us when we are feeling too sensitive to other people's energy and feelings.
- ❖ **Indigo Essences - Software** - For when we feel overwhelmed by other people's thoughts.
- ❖ **Moonflower Essences - Ladies Mantle** - For feeling safe and protected. Relaxing under the mantle of The Goddess.
- ❖ **New Light Essences - Safely Sensitive** - Very protective and can help us to feel safe in our own skin.

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## Children / Inner Child

- ❖ **Indigo Essences - Invisible Friend** - for when children are feeling lonely or scared.
- ❖ **Indigo Essences - Settle** - for when feeling jumpy , edgy and over-sensitised, this essence can bring a calm grounding to children and adults alike.
- ❖ **Wild Earth Animal Essences - Wild Child Range - the Balanced Child** - can provide support for one's deepest feeling self to move into a state of balance and harmony. For children and the child within us all.

*\*\*See also essences in the Feeling Safe section above*

## Cocooning / Isolation

- ❖ **Alaskan Essences - Single Delight** - for those suffering from feelings of isolation; can help us to open to and link energetically with other members of our soul family.
- ❖ **Alaskan Essences - Yellow Dryas** - support for those who are exploring the edge of the known; can help us maintain an energetic connection to our soul family during dynamic cycles of growth and change.
- ❖ **Bach Flowers - Heather** - helps us to deal with feelings of loneliness.
- ❖ **Bach Flowers - Water Violet** - helps us reach out to others when feeling alone or isolated.
- ❖ **Indigo Essences - Invisible Friend** - For when we are feeling lonely.

## Change / Transition

- ❖ **Alaskan Essences - Travel Ease** - can help us when travelling out of one reality and into another. Can also be very supportive to people who are travelling interdimensionally at this time.
- ❖ **Australian Bush Flower Essences - Silver Princess** - This Essence can bring about an awareness of one's life direction. Though it may not always reveal to a person their full life plan, it will aid people who are at a crossroads, helping to show them what their next step is. It can help to give them an understanding of that new direction.

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- ❖ **Bach Flower - Walnut** - Walnut can help us move through transitions and change more easily, by melting away our connections to the past and our old ways of being.
  - ❖ **Bach Flower - Wild Oat** - Wild Oat can help us to find our true path. It can put us back in touch with our sense of purpose so that the way ahead seems clearer.
  - ❖ **Bailey Essences - Conifer Mazegill** - Can continually activate energies of positive change. It is suitable for sudden, abrupt and irrevocable changes in life caused by personal traumas such as bereavement or divorce, or major natural disasters such as earthquakes, when, just like the tree and its fungus, the old has to die and be replaced by the new.
  - ❖ **Bailey Essences - Flame Azalea** - Can help us to regain our vital life force and sense of community after major changes in life. This flower reminds us that to work with others, in whatever way feels the most suitable for us, is a major part of what this life is all about. We are social animals and although everyone needs times of solitude, equally we may fail to reach our full development if we isolate ourselves from others.
  - ❖ **Bailey Essences - Transition** - For when there are major changes in life, when the past needs to make way for the new.
  - ❖ **FES - Lady's Slipper** - Lady's Slipper can help to align our higher purpose with our daily work.
  - ❖ **Fox Mountain - Life's Transitions** - We can take this essence to help find the strength and courage to move through and repair our auric shield, renew our hope, heal our pain, soothe our nerves and be a catalyst for our growth.
  - ❖ **Indigo Essences - Pink 13** - An essence for when we are ready to take action! Anything that is in our way will come up when we are ready to take action.
  - ❖ **Indigo Essences - Sunflower** - This essence is preparing us for the storms ahead, both in our personal lives and on the planet as a whole. The Sunflower can connect us with solar male energy. It is strong and focused, yet very flexible, qualities which will help us to withstand difficulties and to adapt as necessary to new conditions. People who have taken this essence have described their feeling of being held firmly, as if supported from the back. Sunflower can help to support us in standing tall, staying focused and achieving our goal while staying flexible to any changes we may need to make.

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## For the Action Stage of Coming out of Lockdown

- ❖ **Alaskan Essences - Round Leaf Orchid** - can support us to live more deeply in our hearts and to maintain that position in times of confusion and chaos, bringing us greater balance.
- ❖ **Bach Flower Essences - Vervain** - Helps us be our fully authentic selves as we move into a New World, whilst also finding relaxation from the potential stresses of this change.
- ❖ **Bach - Wild Oat** - this essence can be used as a catalyst essence for any other essence or combination of essences, to support us in making that shift forwards.
- ❖ **EarthSong Essences - Deep Strength** - For deep adaptation to new circumstances.
- ❖ **Indigo Essences - 3D Interface** - Can help us to adjust to the new ways we'll be operating in.
- ❖ **Indigo Essences - Bubble of Love** - if we can stay in our hearts and keep love in our field, it can help to stabilise other people.
- ❖ **Indigo Essences - Dragon's Blood** - can help us to stay grounded and embodied with our hearts open.
- ❖ **Indigo Essences - Olive** - can support, strengthen, restore, bring resilience and hope, especially after long periods of hardship.
- ❖ **Indigo Essences - 'You've got this'** . As the energy rises, this can help us to go forward into a new way of being without confrontation.
- ❖ **Fox Mountain - Motivation** - Can help us to stay focused, do what needs to be done efficiently and to stay motivated until it is complete.
- ❖ **Light Essence Elementals - Yarrow** - This essence can be very helpful for the feeling of letting go of the riverbank and going with the flow of the river, when there is resistance to change or fear of change. It can empower and provide protection from outside influences and distractions, especially when it is time for us to come together and be the change we wish to see in the world. Yarrow can help us to be the teachers and thought leaders we came here to be, living on this planet at this special and turbulent time.
- ❖ **MoonFlower Essences - Sovereignty** - to support us in moving back out into the world as sovereign beings who are whole and complete

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- ❖ **New Light Essences - Safely Sensitive** - Can help us to feel safe and also help us to adapt.
  - ❖ **New Light Essences - Worries Away** - Can be helpful for people who are worrying about going out into the world, enabling us to deal calmly with what we are presented with in each now moment.
  - ❖ **Wild Earth Animal - Bumblebee** - Nurtures strength, a feeling of invincibility, and confidence in our abilities. Supports us to achieve what otherwise might seem impossible. Can help us focus.

### **Throat Chakra / Impact of wearing face masks**

- ❖ **Alaskan Essences - Azurite** - can help us to communicate with vitality, authenticity and gentleness from a place of groundedness.
- ❖ **Bach Flowers - Agrimony** - this essence is about how we wear masks in life to hide our true feelings. Agrimony can help us ascertain the true picture behind the mask. When we are in contact with people who are wearing masks, Agrimony can help us see the true situation of the person.
- ❖ **Bach Flower - Cerato** - in times of uncertainty about our own judgement, seeking advice from others, Cerato can increase trust in our inner voice and intuition.
- ❖ **Indigo Essences - Chrysocolla Gem Silica** - This essence can support us to feel safe enough to say what we really feel.
- ❖ **Light Essence Elementals - Borage** - Creates a safe space within to feel you can speak your truth, expressing this truth confidently and without struggle or feeling stifled. Gives courage to move forward when the body, mind, and spirit feel weary from the struggles of life.

### **Visioning a New World**

- ❖ **Dreaming In a New World** - The Essence of Positive Change. Collectively brought into the world by a group of Essence makers, who each gave their own unique gift to the mix. This essence can help us to connect to our dream for a new world, and help us make the changes to bring this new world into being.

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*This essence is available from: EarthSong Essences, EeShel Trinity Essences, Indigo Essences, Light Essence Elementals, MoonFlower Essences, New Light Essences, The Earth Whispers Essences, Yorkshire Flower Essences.*

- ❖ **EarthSong Essences - Red Reishi Mushroom** - This essence can raise the vibration of the Heart Chakra so much that it helps us to co-create Heaven on Earth.
- ❖ **Indigo Essences - Easy** - This essence is saying to us 'choose easy'. If the option is easy, then it's the one to pick. No more pushing, no more struggle, no more hardship. Choose easy; easy is what heaven would be like.
- ❖ **Indigo Essences - I'm in Heaven** - can align our choices with our vision of Heaven and our highest vision for ourselves.
- ❖ **Indigo Essences - Survival Series (includes 3D Interface, You've Got This!, Relax, Rise & Shine, One of THOSE Days, Keep Breathing)** - These essences offer support to us in the new paradigm, when we still need to function in the old.
- ❖ **MoonFlower Essences - Feminine Financial Flow** - Created to support Healers and Heart Based Journeyers through Life and Business to Enter and Flow with their own Unique Essence and Sacred Gift to the world. 'It's time for you to Walk in this Brand New World; allow your part of the jigsaw to flow through you and be carried in the flow, trusting and allowing.'
- ❖ **Moonflower Essences - Sacred Rising** - for emerging as one from our hearts and with courage.
- ❖ **Verbeia Essences - River - Julian's Bower** - This essence celebrates coming through difficult times and welcoming the new becoming permanent, with strength, a sense of belonging and an eye clearly looking to the future. It can guide us into new plans, projects and ways of living in the new world.

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## Producers of Essence Ranges

- ★ Argentine Essences - [www.facebook.com/Argentine-Essences-444764592355488/](https://www.facebook.com/Argentine-Essences-444764592355488/)
- ★ Alaskan Essences - [www.alaskanessences.com](http://www.alaskanessences.com)
- ★ Australian Bush Flower Essences - [www.ausflowers.com.au](http://www.ausflowers.com.au)
- ★ Bach Flower Essences - [www.healingherbs.co.uk](http://www.healingherbs.co.uk); [www.yorkshirefloweressences.com](http://www.yorkshirefloweressences.com)
- ★ Bailey Essences - [www.yorkshirefloweressences.com](http://www.yorkshirefloweressences.com)
- ★ EarthSong Essences - [www.sharonkeen.com](http://www.sharonkeen.com)
- ★ Eriksessences - [www.eriksessences.com](http://www.eriksessences.com)
- ★ EeShel Trinity Essences - [www.sallyarthurs.com](http://www.sallyarthurs.com)
- ★ FES - [www.fesflowers.com](http://www.fesflowers.com)
- ★ Fox Mountain - [www.foxmountain.net](http://www.foxmountain.net)
- ★ Indigo Essences - [www.indigoessences.com](http://www.indigoessences.com)
- ★ Light Essence Elementals - [www.facebook.com/lightessenceelementals](https://www.facebook.com/lightessenceelementals)
- ★ MoonFlower Essences - [www.saraestelle.com](http://www.saraestelle.com)
- ★ Nature's Wish - [www.natureswish.co.uk](http://www.natureswish.co.uk)
- ★ New Light Essences - [www.rebeccaveryanmillar.com](http://www.rebeccaveryanmillar.com)
- ★ The Earth Whispers Essences - [www.theearthwhispers.com](http://www.theearthwhispers.com)
- ★ Verbeia Essences - [www.yorkshirefloweressences.com](http://www.yorkshirefloweressences.com)
- ★ Wild Earth Animal Essences - [www.animalessence.com](http://www.animalessence.com)

## Flower Essence Distributors

- ★ Healthlines - [www.healthlines.co.uk](http://www.healthlines.co.uk)
- ★ Universal Essences - [www.universalessences.com](http://www.universalessences.com)

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## Flower and Vibrational Essences Advanced Practitioners

Below is a list of contributors to this article and their contact details. All offer online/phone essence consultations and are Advanced Practitioner Members of and recommended by the British Flower & Vibrational Essence Association. A full list of other BFVEA Practitioners can be found on their website.

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|---------------------------|--------------------------------------|--|
| Anneli Salisbury          | Warwickshire, UK                     | <a href="https://www.facebook.com/ButterCup-Light-Healing-650100472000706/?hc_location=ufi">https://www.facebook.com/ButterCup-Light-Healing-650100472000706/?hc_location=ufi</a>              |
| Brenda Sweetman           | Hertfordshire, UK                    | <a href="http://www.radianthealthhub.com">www.radianthealthhub.com</a>   |
| Christine Martin          | East Sussex/Kent/<br>West Sussex, UK | <a href="http://www.facebook.com/Pearlaroma">www.facebook.com/Pearlaroma</a><br><a href="http://www.essenceforchange.com">www.essenceforchange.com</a>   |
| Clare Troy                | Dublin, Ireland                      | <a href="http://www.claretroy.com">www.claretroy.com</a><br>E-mail: <a href="mailto:clare.troy@gmail.com">clare.troy@gmail.com</a>   |
| Diane Campbell            | Wirral, UK                           | <a href="http://www.thelavenderroom.co.uk">www.thelavenderroom.co.uk</a>   |
| Emma Nixon                | Dorset, UK                           | <a href="http://www.facebook.com/emma.nixon.714">www.facebook.com/emma.nixon.714</a><br>Contact via Messenger or<br>E-mail: <a href="mailto:emmacnixon@hotmail.com">emmacnixon@hotmail.com</a> |
| Helen Elizabeth Griffiths | Leicestershire, UK                   | <a href="http://www.alchemicalbotanical.com">www.alchemicalbotanical.com</a> or contact<br>Helen Elizabeth Griffiths on Messenger  |
| Jan Coulson               | Herne Bay, Kent,<br>UK               | <a href="http://www.ourtrueessence.com">www.ourtrueessence.com</a>   |
| Jane Harris               | France                               | <a href="http://www.lasactite.com">www.lasactite.com</a><br><a href="http://www.facebook.com/lasactite.essences/">www.facebook.com/lasactite.essences/</a>                                     |
| Jenny Howarth             | Yorkshire, UK                        | <a href="http://www.yorkshirefloweressences.com">www.yorkshirefloweressences.com</a>   |

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|-----------------|--------------------------------------|--|
|                 |                                      | <a href="http://www.ilkeleycomplementarytherapies.co.uk">www.ilkeleycomplementarytherapies.co.uk</a>   |
| Kelly-Ann Finan | San Rafael,<br>Mendoza,<br>Argentina | <a href="https://www.facebook.com/Argentine-Essences-444764592355488/">www.facebook.com/Argentine-Essences-444764592355488/</a>  |
| Michelle Nilson | Tipperary, Ireland                   | <a href="https://www.facebook.com/naturesessencealchemy/">www.facebook.com/naturesessencealchemy/</a><br><a href="https://www.facebook.com/lightessenceelements">www.facebook.com/lightessenceelements</a> |
| Miranda Rowe    | Hampshire/<br>Surrey/Sussex, UK      | <a href="https://www.facebook.com/mirioils/">www.facebook.com/mirioils/</a><br>E-mail: info@mirandarowe.co.uk  |
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| Sally Arthurs   | Scotland                             | <a href="http://www.sallyarthurs.com">www.sallyarthurs.com</a>   |
| Sharon Keenan   | Southampton, UK                      | <a href="http://www.sharonkeen.com">www.sharonkeen.com</a>   |

## Flower Essence Information and Training

- ★ **Essentially Flowers Training** - Accredited Diploma and Transformational Journey in Flower & Vibrational Essences. [www.saraestelle.com](http://www.saraestelle.com)
- ★ **British Flower & Vibrational Essences Association** - The professional body for Flower Essence Practitioners in Britain, advising on health, safety and legislation. [www.bfvea.com](http://www.bfvea.com)

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- ★ **British Association of Flower Essence Producers** - Advises on legal requirements for essence production. Keeps a list of recommended producers known to meet these standards. [www.bafep.com](http://www.bafep.com)
  - ★ **Confederation of Registered Essence Practitioners** - The essence therapy lead body which promotes high standards of education, performance and conduct in essence therapy. [www.corep.net](http://www.corep.net)
  - ★ **The Bach Centre** - Information on the Bach essence system. List of recommended, qualified Bach essence practitioners. [www.bachcentre.com](http://www.bachcentre.com)